

**ABSTRACT OF THE DISCLOSURE**

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A communication apparatus and a congestion regulation control method which execute regulation control at the time of congestion, thereby improving communication quality. A congestion monitor monitors a congestion state, sets a congestion level and determines whether or not to perform regulation based on the congestion level. Traffic measuring unit measures the number of received signals as a traffic intensity. A traffic comparator compares the traffic intensity with a preset traffic-regulation start traffic intensity when it is determined that regulation is to be performed. A regulation control means performs traffic regulation control when a comparison result shows that the traffic intensity is equal to or greater than the traffic-regulation start traffic intensity, and performs regulation control on a maintenance and operation process when the traffic intensity is smaller than the traffic-regulation start traffic intensity.